



2014 Webinar Schedule

Sponsored by **UnitedHealthcare**

Contact your Departmental Wellness Manager for details on how to participate.

January 8	Resolution Revolution	12:00pm – 12:45pm
January 22	Cervical Cancer – What You Need to Know	12:00pm – 12:45pm
February 12	Do You Know Your Health Numbers?	12:00pm – 12:45pm
February 19	Heart Health – Keep It Pumping!	12:00pm – 12:45pm
March 12	Exercise For Busy Bodies	12:00pm – 12:45pm
April 9	Healthy Substitutes – Creative Solutions for Better Nutrition	12:00pm – 12:45pm
May 7	Under Pressure – Hypertension 101	12:00pm – 12:45pm
May 21	Women's Health	12:00pm – 12:45pm
June 11	Sensible & Slimming Snacks	12:00pm – 12:45pm
July 9	Protect & Save Your Skin	12:00pm – 12:45pm
August 13	A New Approach to Nutrition	12:00pm – 12:45pm
September 10	Diabetes Awareness	12:00pm – 12:45pm
October 8	Sleep: Up All Night	12:00pm – 12:45pm
October 22	Breast Cancer Awareness	12:00pm – 12:45pm
November 12	Holiday Survival Skills	12:00pm – 12:45pm
December 10	Ultimate Balancing Act – A Healthy Work/Life Balance	12:00pm – 12:45pm